

VOLUME 9 NOVEMBER 2021

# *Scoops of Information & Inspiration!*



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



## **TAKE A PEEK!**

**As you read through our news bulletin, don't forget to send us pictures if you try a recipe or if you want to share a celebration or helpful scoop! We provide you updates on our numerous programs, but also provide you with practical living tips with a healthy dose of INSPIRATION**

To get your SCOOPS delivered to your inbox, email:  
[DCoDSSPublicInformation@dconc.gov](mailto:DCoDSSPublicInformation@dconc.gov)

## **Attitude of Gratitude**

We've all been through so much these past 2 years. Let's take time to reflect on all of the lessons learned, and what we are thankful for, such as: our loved ones, a COVID vaccine, dedicated healthcare workers & so much more! Enjoy your THANKSgiving!





Meghan Russ with her two Sous Chefs!

Sous Chefs Campbell and Hannah are busy!



## KETO SHRIMP & CAULIFLOWER GRITS

Recipe courtesy of Meghan Russ  
DCoDSS Program Manager

### Ingredients for Cauliflower Grits & Cajun Shrimp

- 1 small head cauliflower (about 3 cups)
  - 2 cups chicken broth
  - 2 ounces cream cheese
  - 1 cup shredded cheddar
  - 1 tablespoon butter
  - 1/4 teaspoon salt
  - 1/4 teaspoon pepper
- 3-4 tablespoons green onions for garnish
- 1 pound deveined, peeled shrimp
  - 1/2 tablespoon minced garlic
  - 1/2 tablespoon paprika
  - 1 teaspoon Italian seasoning
  - 1/4 teaspoon onion powder
  - 1/4 teaspoon garlic powder
  - 1/4 teaspoon salt
  - 1/8 teaspoon red pepper
  - 1/4 teaspoon pepper
  - 2 tablespoons butter, divided
  - 1/4 cup heavy cream

### Tips from Meghan for her Keto Shrimp & Cauliflower Grits

\* Note, you can swap out the cauliflower and make it the traditional way with grits.

\*This dish is great because you can really customize it. We added diced roasted jalapenos to the cauliflower to spice it up. Bacon is also great to add and provides a lot of extra flavor.

\*You won't miss the grits. The cauliflower doesn't taste vegetably especially when you add all the cheese.

# KETO SHRIMP & CAULIFLOWER GRITS (CONTIN)

## Make the Grits:

1. In a medium to large size stock pan, add the cauliflower florets and chicken broth simmer over medium to medium high heat until they are tender.
2. Once the cauliflower is tender, drain off the remaining broth and add cream cheese, cheddar cheese, butter, salt and pepper and mash until it resembles the texture of grits.
3. Cover the grits to keep warm while you make the shrimp.

## Make the Shrimp:

1. Heat a large skillet to medium heat, melt 1 tablespoon of butter, add garlic and the raw, shelled shrimp to the skillet and sprinkle the cajun spices over the shrimp. Stir well so it is evenly coated.
2. Cook the shrimp 3-4 minutes and when it is pink and tender add the butter and heavy cream to the skillet and stir to form the creamy sauce.
3. To assemble your shrimp and grits, divide the cauliflower grits evenly among four bowls, top with shrimp, green onions and drizzle of the cream sauce



***Meghan Russ with Sous Chef Campbell***

**I'm not sure how I became known as the "queen of frugal shopping" as my colleagues have called me. In my family I am just known as the cheap one! I hate to disappoint; I don't really have any good tips... I don't bargain hunt, I don't clip coupons, I don't watch for sales- who has time for all of that! My only tip would be to shop at Aldi. And, no, I am not sponsored by them in anyway (hah, I would love that though).**

**I started grocery shopping there at the beginning of COVID. I had a lot of extra time back then because, well you know... we couldn't go anywhere or do anything. With all the extra time I had on my hands I began to compare the price of groceries and I was shocked to see on average I would save 40% just by shopping at Aldi.**

**I know, I know, they don't have name brand food. If you want to save money you need to just get over that! My family did and we haven't looked back. Let me give you a break down for this keto shrimp and "grits" meal (which is delicious and easy to make).**

Aldi		Harris Teeter
Cauliflower	\$2.29	\$3.99
Cheddar Cheese	\$1.45	\$3.39
Cream Cheese	\$.79	\$2.29
Whipping cream	\$1.55	\$4.29
Chicken broth	\$1.65	\$1.99
Shrimp	\$ 6.49	\$9.99

The math is pretty easy to see and that is just for this one meal. Imagine getting your whole week's worth of groceries there.

# MONEY MATTERS



Here are 5 Tips to Avoid Overspending  
this Holiday Season  
[yhoo.it/30HmYVv](http://yhoo.it/30HmYVv)



The  
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HOARDER  
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Are you making financial plans for the new year? Get armed with easy to understand tips and resources from our favorite publication! Visit: <https://www.thepennyhoarder.com>



Here are 25 Apps That Will Save  
You Lots of Money

[bit.ly/3oNa6FQ](http://bit.ly/3oNa6FQ)



Meet our friend Dr. DeLon Canterbury, he helps seniors reduce the amount of medication they consume.

I love helping families get their seniors off of harmful medications using Deprescribing and Genetic Testing. Pharmacists continue to improve quality of life and create lasting impacts on our patients and the health system as a whole. I'm so grateful to finally feel like my work speaks for itself and that my patients can have the peace of mind and confidence in their health care they've longed for. I want to show you how we all can be Deprescribing Advocates for our older patients and frustrated caregivers. Do you want to be a part of the moment or let another patient become another statistic? Let's connect and discuss more about our Pilot Deprescribing Accelerator to train senior care providers and clinicians on how we can stop harmful medication use TODAY! Schedule with me at [GeriatrX.as.me](http://GeriatrX.as.me) under Deprescribing Accelerator or comment "I'M IN"

Warm Regards,

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*Meet Our DCoDSS  
Adoption Heroes!*

*We are thankful for  
Arnold & Kathy Pope*



**The Pope Family Clan!**  
**Arnold & Kathy kept their  
family together!**



Arnold & Kathy Pope answered the call to become 'forever parents' to their great nieces transitioning from foster care. They will be the first to tell you how challenging it was as retired empty-nesters to become parents of school-aged children. We are thankful for their selfless choice, and their daughters are too!

Let's have the conversation. Call us, 919-560-8092

**#NovemberIsNationalAdoptionMonth**



## DURHAM LOW-INCOME HOMEOWNERS RELIEF PROGRAM (LIHR)



### DO YOU NEED HELP WITH YOUR HEATING BILL?



Starting December 1, 2021 DCoDSS will begin taking Applications for LIEAP -- The Low Income Energy Assistance Program. Applicants aged 60+ are eligible, as are those with disabilities and who receive Food & Nutrition Services. **Call (919) 560-8192** to make a virtual appointment with our LIEAP Specialists. On January 3, 2022 all Durham residents may apply online as well at: <https://www.ePassnc.gov>. The LIEAP program ends March 31, 2022.



Social Services



Are you a home owner needing relief with your taxes?

The **LIHR** Program may be able to assist you if you meet the following requirements:

- Property must be within Durham county.
- Must be homeowners primary residence for the current 10 years.
- Residents who are not receiving other state subsidy tax assistance.
- Households with income  $\leq$  80% AMI. **HOWEVER, priority will be for those at  $\leq$  60% AMI.**
- Proof of primary residence-current tax bill to include applicants name on property.
- **Documentation of Household income:** Pay check stubs,  
Social Security/SSI Award Letter  
Unemployment Benefit Letter  
2020 Tax Return  
Photo ID

The *maximum* amount provided for eligible homeowners is \$750.00.  
Payments are made directly to the Durham County Tax Office.

**We have numerous programs at  
DCoDSS. Please note the LIHR has a  
deadline of 12/31/21.  
Our LIEAP program begins 12/1/21 for  
those residents 60+.**

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